



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #23

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Berry and Yogurt Waffles		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Grapes- fresh	Banana- fresh	Mixed Berries- frozen, unsweetened	Apples- fresh	Banana- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Oatmeal (WG)	Waffles	Whole Wheat Bagels (WG)	Kix cereal (WG)
Other Foods 2x Meat/Meat Alternate			Yogurt; **no syrup**	Peanut Butter	
LUNCH	Meatloaf (HM)	Chicken Ranch Taco Salad	Sloppy Joes (HM)	Beef Stew	BBQ Riblet (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Mashed Potatoes- dried	Romaine Lettuce- fresh	Tater Tots- frozen	Potatoes, Carrots- fresh	Broccoli and Cauliflower- frozen
7x fresh	Pineapple- fresh	Cantaloupe- fresh	Grapes- fresh	Strawberries- fresh	Watermelon- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Tortilla Chips	Whole Wheat Hamburger Bun (WG)	Whole Wheat Bread (WG)	Whole Wheat Hot Dog Bun (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Chicken	Ground Turkey	Beef	BBQ Riblet (CN)
Other Foods		Ranch Seasoning	Sloppy Joe Sauce		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Turkey and Cheese Stackers	Peanut Butter Sandwich			
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable			Apples- fresh	Banana- fresh	Carrots- fresh
Grains/Bread Component 2x Whole Grain, 1x sweet	Crackers	Whole Wheat Bread (WG)	Granola Bar (WG) (sweet)	Animal Crackers	
Meat or Meat Alternate 3x Meat/Meat Alternate	Turkey, Cheese	Peanut Butter			String Cheese
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Apple Pancakes	Egg and Cheese Sandwich	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Apples- fresh	Banana- fresh	Applesauce- unsweetened	Oranges- fresh	Banana- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat English Muffin (WG)	Malt-o-Meal	Pancakes	Whole Grain Multi-Grain Sandwich Round (WG)	Cheerios cereal (WG)
Other Foods 2x Meat/Meat Alternate	Peanut Butter		**no syrup**	Scrambled Egg, Cheese	
LUNCH	Breaded Chicken Sandwich (CN)	Chef Salad	Taco Melts	Spaghetti with Meat Sauce	Vegetable Beef Noodle Soup
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 8x fresh	Broccoli and Cauliflower- frozen	Romaine Salad- fresh	Carrots- fresh	Green Beans- canned	Corn, Carrots, Potatoes, Cabbage, Green Bean- fresh
	Strawberries- fresh	Cantaloupe- fresh	Grapes- fresh	Watermelon- fresh	Peaches and Strawberries- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Hamburger Bun (WG)	Whole Wheat Bread (WG)	Biscuit	Whole Wheat Spaghetti (WG)	Egg Noodles
Meat or Meat Alternate 1x highly processed	Breaded Chicken (CN)	Turkey, Ham, Cheddar Cheese	Ground Beef, Cheese	Ground Beef	Ground Beef
Other Foods				Spaghetti Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Turkey Sandwich		Apple Peanut Butter Muffins
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Grapes- fresh		Banana- fresh	Apples- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Pretzels	Peanut Butter Crackers	Whole Wheat Bread (WG)	Graham Crackers	Whole Wheat English Muffin (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate	Yogurt		Turkey Slice		Peanut Butter
Other Foods					

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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Apple French Toast	Ham and Cheese Melts	Banana Rice	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Banana- fresh	Applesauce- unsweetened	Oranges- fresh	Banana- fresh	Apples- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Grain Corn Chex cereal (WG)	Whole Wheat French Toast (WG)	Whole Wheat English Muffin (WG)	Rice	Whole Wheat Bagel (WG)
Other Foods 2x Meat/Meat Alternate		**no syrup**	Ham, Cheese		Peanut Butter
LUNCH	Turkey and Cheese Wrap	Chicken Tetrazzini	Beefaroni	Beef Taco Salad	Chicken Nuggets (CN) and Cheesy Broccoli Pasta
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Carrots- fresh	Green Beans- canned	Tomato Sauce- canned	Romaine Lettuce- fresh	Broccoli- frozen
7x fresh	Strawberries- fresh	Cantaloupe- fresh	Watermelon- fresh	Pineapple- fresh	Grapes- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Tortilla (WG)	Whole Wheat Spaghetti (WG)	Elbows	Tortilla Chips	Whole Wheat Rotini (WG)
Meat or Meat Alternate 1x highly processed	Turkey, Cheese	Chicken, Cheddar Cheese	Ground Beef, Cheese	Ground Beef	Chicken Nuggets (CN)
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Turkey Sandwich		Cheese and Crackers
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Grapes- fresh	Banana- fresh		Apples- fresh	
Grains/Bread Component 2x Whole Grain, 1x sweet	Whole Wheat Goldfish Crackers (WG)	Animal Crackers	Whole Wheat Bread (WG)	Vanilla Wafers (sweet)	Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate			Turkey Slice		American Cheese
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST					Breakfast Casserole
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Tater Tots- frozen	Banana- fresh	Apples- fresh	Banana- fresh	Oranges- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Toast (WG)	Malt-o-Meal	Whole Grain Nutri-Grain Bar (WG) (sweet)	Kix cereal (WG)	Croutons
Other Foods 2x Meat/Meat Alternate	String Cheese				Eggs, Cheese
LUNCH	Chicken and Rice	Cheesy Tuna Noodles	Chili Frito Pie	Turkey Fritter with Cheese	BBQ Pulled Pork (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Corn- canned	Green Beans- canned	Corn- canned	Carrots, Broccoli, Cauliflower- frozen	Cole Slaw- fresh
6x fresh	Strawberries- fresh	Peaches- fresh	Pineapple- fresh	Grapes- fresh	Cantaloupe- fresh
Grains/Bread Component 3x Whole Grain	Rice	Egg Noodles	Whole Grain Fritos Corn Chips (WG)	Whole Wheat Hot Dog Bun (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Chicken	Tuna, American Cheese	Ground Turkey, Cheddar Cheese	Turkey, Cheese	Pulled Pork
Other Foods			Tomato Sauce; Chili Seasoning		BBQ Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Banana Peanut Butter Rolls		Ham Sandwich		
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Banana- fresh	Watermelon- fresh			Apples- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Cheerios cereal (WG)	Cheese Its	Whole Wheat Bread (WG)	Pretzels	Chex Mix
Meat or Meat Alternate 3x Meat/Meat Alternate	Peanut Butter		Ham Slice	Peanut Butter	
Other Foods					

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